A Mindfulness Moment with Melissa

Melissa Pederson
Master of Social Work
May 18, 2017
Breathing Exercise

• Inhale
• Hold
• Exhale
• Repeat

Image by Melissa Pederson
Vicarious Traumatization
Compassion Fatigue
Burnout

• Social workers are at a higher risk of developing secondary traumatic stress due to the nature of their work
• Imperative to the profession to have self-care strategies to help prevent vicarious traumatization, compassion fatigue, and burnout
Mindfulness

“…means paying attention in a particular way; On purpose, in the present moment, and non judgmentally.”

Kabat-Zinn

(as cited in Siegel, 2010)

Image by Melissa Pederson
Mindfulness Based Stress Reduction

- Listed in the National Registry of Evidence Based Practices
- Provides positive outcomes across all age, gender, racial, and geographical domains

Image by Melissa Pederson
Mindfulness Based Stress Reduction Courses

- 10 sessions over 8 weeks
- Mindfulness Meditation
  - Formal daily practice focuses on breath
- Body Scan
  - Focuses awareness on your body
- Gentle Yoga
  - Mental focusing through movement
Mindfulness

……..offers valuable techniques to help deal with some of the occupational stressors such as compassion fatigue and vicarious trauma (Botta et al., 2015; Decker et al., 2015; Gockel et al., 2012; Lee & Himmel, 2016)

……..can serve as a protective factor for both the practitioner and the client (Decker et al., 2015)

……..helps to guarantee the case outcomes (Decker et al., 2015)

……..can be used as a form of self-care for those who are in helping professions (Decker et al., 2015, Lee & Himmel, 2016)
Research Proposal

Qualitative exploratory study

- How mindfulness practiced by the social worker impacts their workplace relationships with their clients and co-workers
- Where clinicians are learning mindfulness
- What impact that mindfulness has on the social worker
Next Steps

- Data will be used to inform Capstone project
- Development of course or program to teach mindfulness techniques to social work students
Thank you!!!

To all of you who came tonight and all of the wonderful supportive professors that I have had along my educational journey here at UWT. May this journey continue.........
References


